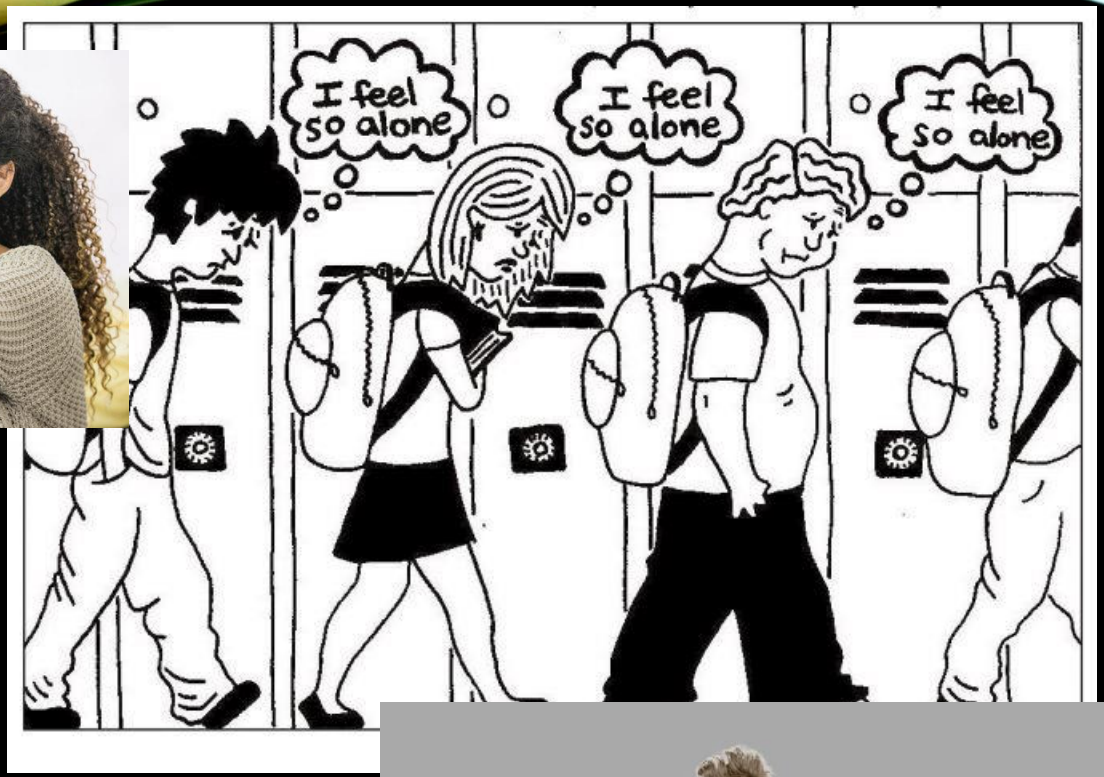
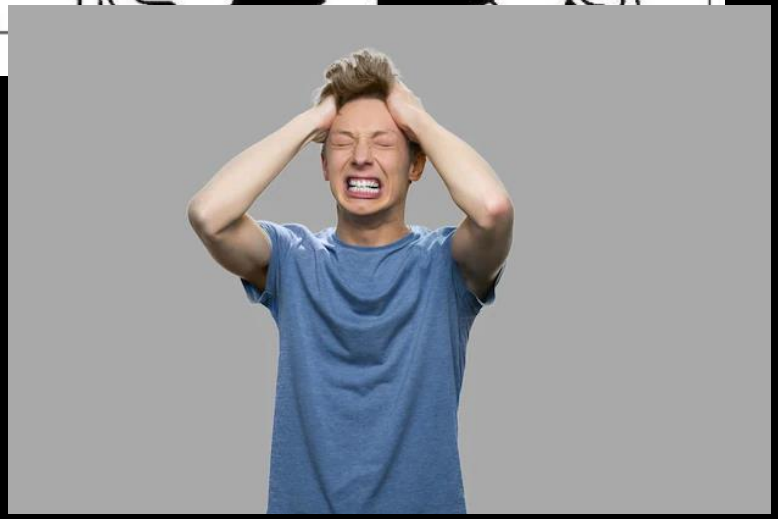
ADOLESCENTS

FOUNDATIONS IN LANGUAGE LEARNING AND TEACHING III

MG LIZ WHITE



- Intensity
- Confusion
- Impulsivess
- Mood swings
- Provocative behaviour



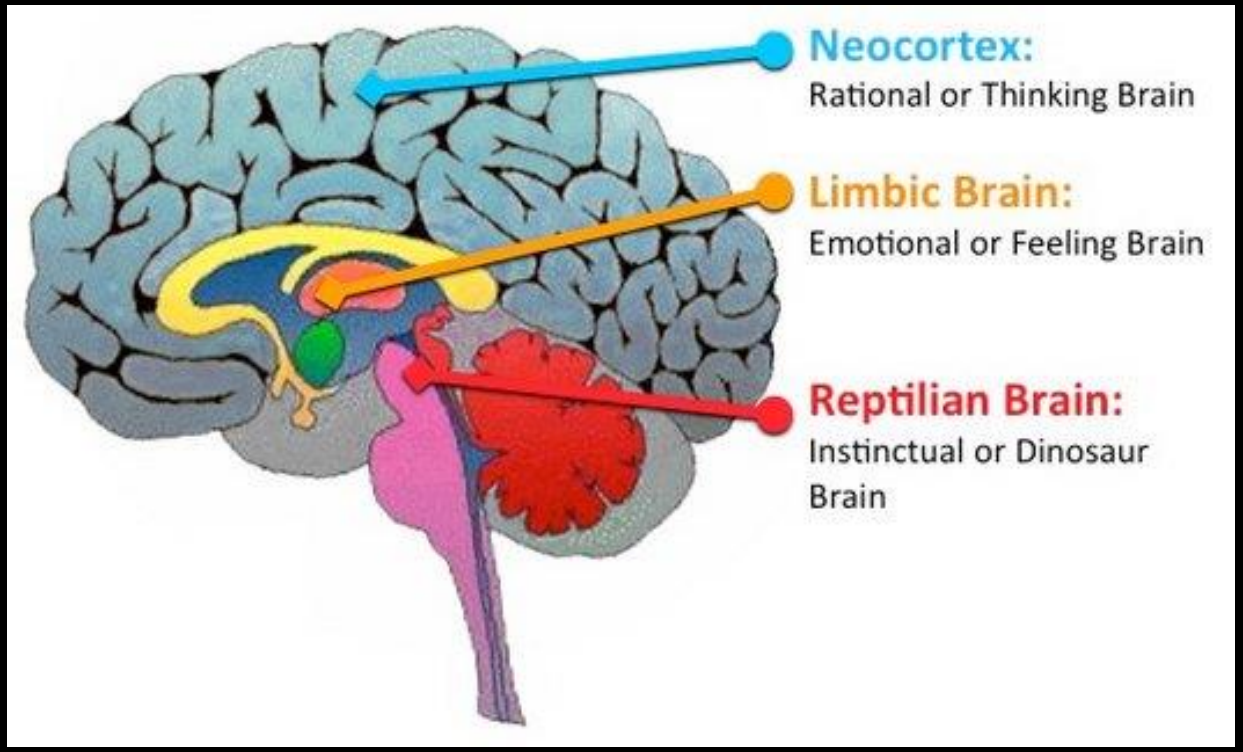
QUESTIONS…

- Why do we (adults) feel out of control?
- Why do we (adults) act like them?
- Why do we get offended /threatened by them?

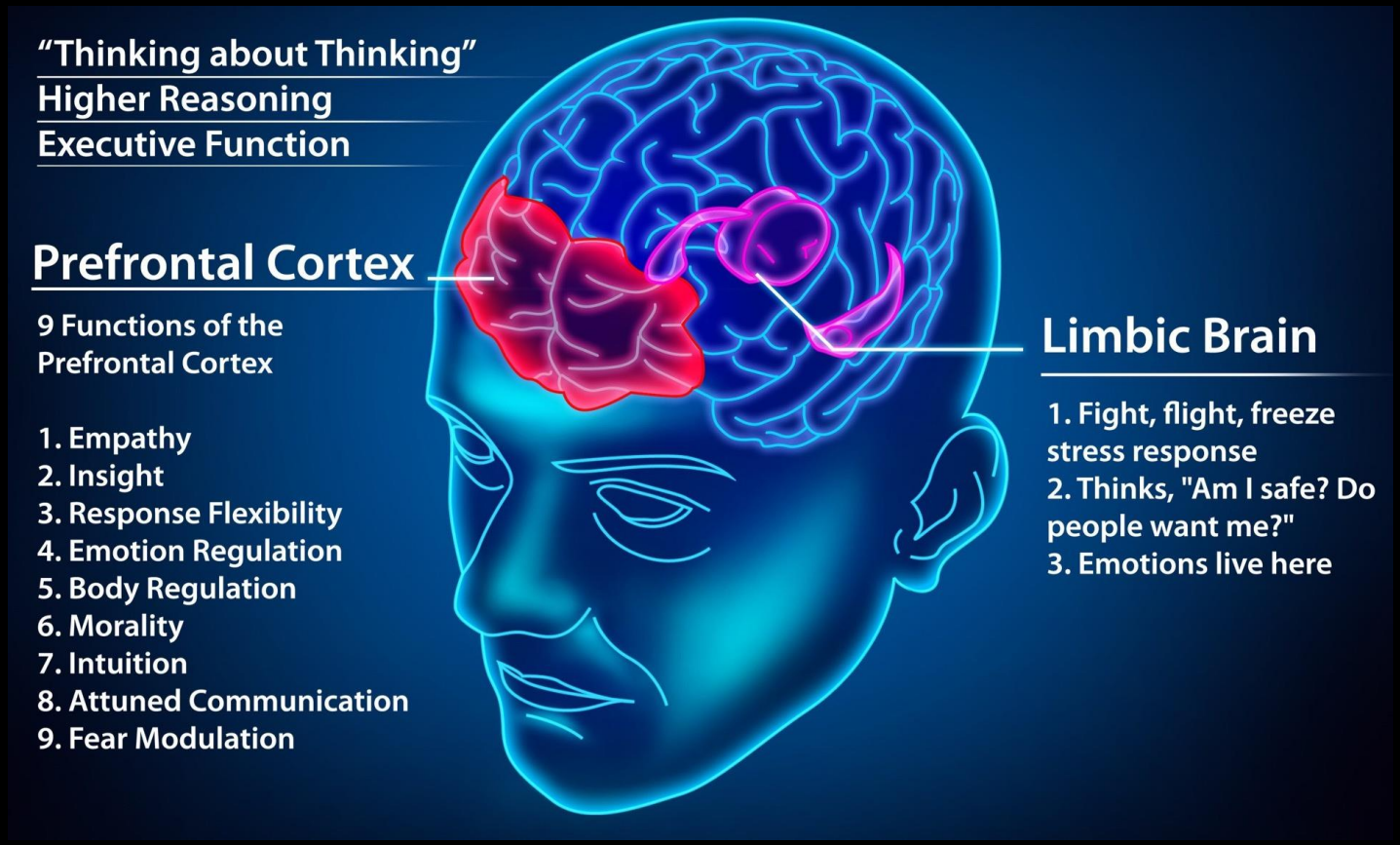
FEATURES OF THE PERIOD

- Episodes of hormone surges
- Fluctuations in the brain chemistry
- Shifting moods

THE TRIUNE BRAIN



THE PRE FRONTAL CORTEX IS TO BLAME



HERD MENTALITY AND RISK TAKING

THE REPTILIAN BRAIN

KR®

- Thinks about survival
- On the lookout for threats
- Quick to attack
- Jumps on opportunities

Every piece of information that enters your brain, passes through the reptilian brain. If messages are too complex or we perceive them as threatening, our response comes from the reptilian brain, not our more evolved, critical thinking areas.

THE ROLE OF ADULTS

Provide teeenagers with

- a challenge
- Support
- Guidance
- Order and limits
- Knowledge

THE ROLE OF ADULTS

We need to

- Engage and relate with them
- Manage the relationship
- Establish healthy connections
- Behave like grownups
    1. establish clear roles
    2. maintain boundaries
    3. still, connect to them

A BIG QUESTION

How do teenagers affect us?